

## Main Meal

Brookdale Colonial Heights  
Sunday, February 15, 2026

### Starters

Cranberry Cabbage Salad

### Featured Entrees

#### Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

#### - Always Available -

#### Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

#### Tavern Battered Cod

Battered cod flash fried to a golden brown.

### Accompaniments

Classic Duchess Potatoes

Creamed Spinach

### Desserts

#### Feature

Coconut Mousse

#### Fruit

 Pineapple Chunks

#### Guiltless Pleasures

Reduced Sugar  
Coconut Pudding

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.



Main Meal

Brookdale Colonial Heights  
Monday, February 16, 2026

## **Starters**

Mediterranean Salad

## **Featured Entrees**

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

### **- Always Available -**

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

## **Accompaniments**

Risotto a la Pecorino

Italian Style Zucchini

## **Desserts**

### **Feature**

Cinnamon Crumb Cake

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added Pound  
Cake

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Main Meal

Brookdale Colonial Heights  
Tuesday, February 17, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

### **- Always Available -**

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Oven Brown Potatoes

 Steamed Carrots

## **Desserts**

**Feature**

Apple Pie

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Apple  
Pie

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## Main Meal

Brookdale Colonial Heights  
Wednesday, February 18, 2026

### Starters

Lettuce and Herb Salad

### Featured Entrees

 Herb Baked Haddock

Baked haddock fillet marinated in white wine, mustard, and herbs.

### - Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

### Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Tavern Battered Cod

Battered cod flash fried to a golden brown.

### Accompaniments

Couscous

Parmesan Tomato

### Desserts

#### Feature

Chocolate Frosted  
Layer Cake

#### Fruit

 Chilled Pears

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale Colonial Heights  
Thursday, February 19, 2026

## **Starters**

White Bean Salad

## **Featured Entrees**

 **Beef Burgundy**

Lean beef with mushrooms, carrots and onions in a wine sauce.

**- Always Available -**

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Buttered Parslied Potatoes

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Pumpkin Pie

**Fruit**

 Apricot Halves

**Guiltless Pleasures**

Reduced Sugar  
Pumpkin Pie

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Main Meal

Brookdale Colonial Heights

Friday, February 20, 2026

## Starters

Wilted Lettuce Salad

## Featured Entrees

 **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

**- Always Available -**

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## Accompaniments

 Pan Roasted Potatoes

**Braised Collard Greens**

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

**Feature**

Tiger Brownie

**Fruit**

 Chilled Diced Peaches

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Colonial Heights  
Saturday, February 21, 2026

## **Starters**

Vegetable Slaw

## **Featured Entrees**

 **Breaded Veal Cutlet**

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

**- Always Available -**

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Buttered Noodles

Roasted Parsnips and Butternut Squash

## **Desserts**

**Feature**

Cherry Crisp

**Fruit**

 Tropical Fruit

**Guiltless Pleasures**

No Sugar Added  
Cherry Pie

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